

COOKBOOK 2019

Mumbulla Kitchen Garden Program



Breakfast Around the World

This year we learned what children living in other countries eat for breakfast.....

Africa

Egypt: ful medames (bean stew) with bread

Morocco: Olive oil bread with mint tea

Ethiopia: genfol (porridge) with yogurt & spices

South Africa: Putu pap (porridge with stew)

Kenya: banana uji (porridge) with unleavened bread

Asia

India: thin pancake with chutney and a stew with vegetables & legumes

Vietnam: tea and rice noodle soup with beef & chicken

Japan: miso soup, pickled vegetables and white rice

Europe

Sweden: cucumbers, tomatoes, toast, egg and herring

France: coffee with milk and a croissant

Turkey: dried sausage, cucumbers and tomatoes

Italy: cappuccino, cookies, bread & jam

United Kingdom: grilled tomatoes, scrambled eggs, bacon and sausage

Island Countries

Iceland: runny porridge with raisins and walnuts

Cuba: tostadas (hot sandwich) and coffee with milk

Bahamas: corn porridge (grits) with prawn stew

Australia: corn flakes and milk with vegemite on toast

North & South America

Brazil: toast and fresh papaya (pawpaw)

Mexico: eggs with hot sauce and corn tortillas

Bolivia: saltenas, tasty pies with meat or with vegetables and cheese

United States: pancakes with jam, fruit juice and crispy bacon

Children in many countries eat porridge for breakfast, so, in class, we made three different porridge dishes – oatmeal, grits and millet porridge.

Pancakes are also a popular breakfast item – some savoury and some sweet; we learned to make Australian pancakes, tortillas (using the tortilladora – a handy gadget to press out the tortillas) and papadums.

We also made a Japanese breakfast which included miso soup, steamed edamame (soybeans) and rice bowls with nori.

Eggs are another common breakfast item. We learned all about them, cooked them in different ways and even did a fun experiment to learn how long it takes to boil an egg ‘properly’.

You’ll find all of the recipes below.....

Porridge- 3 Ways

Fura de Nono (African Ginger & Millet Cereal)

Season: Any

Serves: 3

Equipment:	Ingredients:
Cutting board	¾ cup millet
Grater	200ml boiling water
Teaspoon	¼ teaspoon grated ginger
Tablespoon	¼ teaspoon cinnamon
Small pot	2 tablespoons desiccated coconut
Wooden spoon	1 tablespoon honey
	½ cup yogurt

Method:

Grate ginger. Place water, millet, ginger, cinnamon coconut and honey in a pot, bring to a boil, then reduce to a simmer until millet is completely cooked.

Serve topped with yogurt (and fruit or nuts if desired).

Oatmeal

Season: Any

Serves: 3 - 4

Equipment:	Ingredients:
Teaspoon Tablespoon Small pot Wooden spoon	1 cup rolled oats (if gluten-free, choose certified g/f oats only) 2 cups milk of choice (cow's, almond, coconut, etc.) 1 cup water 1 teaspoon vanilla

Method:

Place water, oats, milk and vanilla in a pot, bring to a boil, then reduce to a simmer until oats are completely cooked (you can put in 1 tablespoon butter or coconut butter/oil at the end and stir until completely melted).

Serve topped with dried or fresh fruit and nuts of choice.

Grits

Season: Any

Serves: 3 - 4

Equipment:	Ingredients:
Teaspoon Tablespoon Small pot Wooden spoon grater	1 cup corn grits (or corn meal/polenta) 1 cup milk 1 cup water 1 pinch of salt ¼ - ½ cup grated sharp cheese (like mature cheddar) 2 tablespoons butter

Method:

Place water, corn meal, milk and salt in a pot, bring to a boil, then reduce to a simmer until corn meal completely absorbs the liquid. Turn off heat. Put butter in and stir until completely melted.

Can be served with a savoury stew or topped with bacon or sausage.

Pancakes – 3 Kinds

Tortillas

Season: Any

Serves: about 12

Equipment:	Ingredients:
Tortilla press (or use a rolling pin) 2 pieces of baking paper Frypan/skillet Spatula/egg flip Mixing bowl Cooling rack	2 cups masa harina (special corn flour for tortillas) 300ml warm water 1 teaspoon salt

Method:

In a large bowl mix masa with salt, pour in water and mix well to combine (use your hands). Place a lid or plate over the bowl and allow the masa to sit for at least 1 hour.

Roll masa into balls (they should fit into the palm of your hand). Place baking paper on either side of the tortilla press; place a masa ball in the middle and press down to flatten. Alternatively, place the masa ball between the sheets of baking paper and roll flat with a rolling pin.

Heat a dry frypan on medium, add tortillas and cook until browned on each side. Allow to cool on a rack.

Tortillas can be used for any meal – put eggs, chorizo, sautéed onion and capsicum in them for breakfast; fill with cheese and veggies (fold in half to contain the filling ingredients) and fry in a pan for lunch; fill with black beans or shredded meat topped with guacamole and sour cream for dinner.

Papadums

Season: Any

Serves: about 30

Equipment:	Ingredients:
Tongs Small pot Large bowl Paper napkins or brown paper	1 package papadums ½ bottle of non-flavoured oil (grape seed oil or rice bran oil)

Method:

NOTE: you will need an adult's help with this recipe as it is easy to burn yourself with hot oil.

Place napkins or paper in the bottom of the bowl to absorb oil. Pour oil in pan and heat on high. Once oil is very hot, add one papadum at a time. They should cook very quickly only taking a few seconds in the oil. Remove from heat and transfer to the bowl. Repeat until all are cooked. Allow to cool before eating.

Papadums can be used for any meal - serve with dhal, curry, chutney and yogurt.

Pancakes

Season: Any

Serves: 4 - 6

Equipment:	Ingredients:
Teaspoon	Coconut oil
Tablespoon	3/4 cup milk of choice (cow's, almond, coconut, etc.)
Mixing bowl	2 eggs
Fry pan	1/2 teaspoon salt
Spatula	1/2 cup buckwheat flour
Serving tray	1/2 cup gluten-free flour
	1/2 cup rice flour
	1 teaspoon bi-carb

Method:

Place water, oats, milk and vanilla in a pot, bring to a boil, then reduce to a simmer until oats are completely cooked (you can put in 1 tablespoon butter or coconut butter/oil at the end and stir until completely melted).

Serve topped with dried or fresh fruit and nuts of choice.

Japanese Breakfast

Rice Bowls with Nori & Salted Edamame

Season: Any

Serves: 6

Equipment:	Ingredients:
Rice cooker	2 cups sushi rice (short grain)
Steamer	4 cups water
Bowls	1 bag frozen edamame
Spoons to serve	Salt
	2 nori sheets
	Soy sauce/tamari
	Sesame seeds

Method:

Place rice and water in a rice cooker and turn to 'cook'.

Place a small amount of water in the bottom of your steamer. Place steamer over the bottom, place lid on top and bring water to a boil. Place frozen edamame in steamer and cook until just hot (only a few minutes). Remove from heat, pour edamame into a bowl and sprinkle generously with sea salt.

Crush nori into a small bowl.

To assemble: place rice in the bottom of the bowl, add some edamame, nori, sesame seeds and tamari. Serve with pickled or steamed veggies, fried tofu, sliced egg omelet, etc.

Miso Soup

Season: Any

Serves: 4 - 6

Equipment:	Ingredients:
Stock pot	1 – 2 pieces kombu (seaweed)
Knife	2 liters vegetable broth (or chicken)
Cutting board	2 Tablespoons miso
Frypan (optional)	1 block firm tofu, diced and fried in oil
Tablespoon	
Ladle	2 = 3 Spring onions, sliced fine

Method:

Heat broth in a saucepan, add kombu and cook for a few minutes, until seaweed is soft. Add tofu and cook a few more minutes (alternatively, if you like firm tofu, fry it first, then add to the soup).

Place miso in a small bowl and add some of the broth to it. Mix together to soften the miso paste. Add this to the broth and continue to cook, but do not boil it. Add sliced onions, stir well, then turn off the heat.

Serve in small bowls.

Eat this soup with breakfast or dinner, or as a snack. If you want miso soup for dinner, you can add veggies to the soup for a heartier dish and serve it over rice or buckwheat noodles.

Easy Lunchbox/Picnic Foods

Vanilla, Almond & Chocolate Chip Cookies

Season: Any

Serves: 12 small cookies

Equipment:	Ingredients:
Mixing bowl	1 1/2 c almond meal
Teaspoon	1/4 teaspoon bi-carb
Tablespoon	1/2 teaspoon vanilla powder or extract
Measuring cups	¼ cup chocolate, chopped or cocoa nibs
Baking sheet	Pinch of sea salt
Baking paper	2 tablespoons melted coconut oil
Cooling rack (optional)	1 1/2 tablespoons maple syrup or honey

Method:

Preheat oven to 160C.

Mix dry ingredients in a bowl, then add wet ingredients and mix well. Roll dough into small balls and place on a prepared baking tray (greased or lined), flattening slightly.

Bake for 10 minutes. Let cool on a rack.

Sarah's Chocolate Coconut Cookies

Season: Any

Serves: 12 small cookies

Equipment:	Ingredients:
Mixing bowl	2 cups shredded coconut
Teaspoon	½ cup raw cacao
Tablespoon	½ cup honey
Measuring cups	2 eggs, whisked
Baking sheet	2 teaspoons vanilla extract
Baking paper	
Cooling rack (optional)	

Method:

Preheat oven to 180C.

Mix dry ingredients in a bowl, then add wet ingredients and mix well. Roll dough into small balls and place on a prepared (greased or lined) baking tray, flattening slightly.

Bake for 15 minutes. Let cool on a rack.

Rice Paper Rolls

Season: Any

Serves: 4 - 6

Equipment:	Ingredients:
Cutting board Knife Hot water Colander Baking tray	1 pack rice paper 2 carrots, sliced into matchsticks 2 cucumbers, sliced into matchsticks 2 red capsicums, sliced thin Handful of snow peas, sliced thin 1 block firm tofu, diced into matchsticks soy sauce sesame oil 1 -2 tablespoons rice bran oil or grape seed oil 2 -3 Spring onions, sliced fine 1 pack rice noodles Herbs of choice, sliced thin (coriander, Vietnamese mint, basil, etc.)

Method:

Prepare vegetables and herbs.

Heat water in kettle.

Cut tofu and cook in a med-hot pan with oil.

Place rice noodles in a bowl and pour hot water over, to cover. Get an adult to help with this part. Drain the noodles after 3-5 minutes.

Pour warm water in a baking tray and soak rice paper pieces until pliable, one at a time. Fill each paper with sliced veg, herbs, noodles and tofu (or can use cooked and sliced chicken or beef or scrambled egg). Put a few drops of soy sauce in the paper and roll up, folding both sides in to keep the veg inside.

You can make a dipping sauce using sweet chili sauce, lime juice, crushed garlic, rice vinegar.

Rice Bubble Treats

Season: Any

Serves: 16

Equipment:	Ingredients:
Mixing bowls Saucepan Spoon Baking tray	½ cup almond butter (or peanut or macadamia butter) 4 cups puffed rice (or puffed millet) ½ cup rice malt syrup or honey 1 teaspoon vanilla extract 1 ½ teaspoons sea salt Coconut oil for tray

Method:

Rub coconut oil on baking tray.

In a saucepan, heat almond butter, rice malt syrup, vanilla and salt together and heat on low. Place puffed rice in a bowl. Once the almond butter mixture is warm and soft, turn off heat and pour into bowl with puffed rice and stir to coat.

Once the mixture is mixed well, pour into prepared baking tray – spread out and flatten with the back of a spoon.

Place in fridge to set for 15 minutes. Slice into squares.

Chia Pudding

Season: Any

Serves: 8

Equipment:	Ingredients:
Stock pot Knife Cutting board Frypan Tablespoon Ladle	1/3 cup shredded coconut ¼ cup chia seeds 1 teaspoon vanilla extract 1 400ml can coconut milk or cream Honey (optional) Cinnamon (optional)

Method:

Mix all ingredients together in a bowl and place in the fridge for several hours or overnight.

Serve with fruit as breakfast, dessert or a snack. Makes a good lunchbox treat (keep cold with an ice pack).

You can add other ingredients like raw cacao, almond butter/peanut butter, jam, etc.

Fried Rice

Season: Any

Serves: 4 - 6

Equipment:	Ingredients:
Fry pan, large Spatula Knife Cutting board	4 cups cooked brown or white rice Rice bran oil or grape seed oil Onion, chopped Few handfuls of peas Handful or corn Handful of cut green beans or snow peas 4 eggs, beaten Tamari/soy sauce Sesame oil Sesame seeds 4 Spring onions, sliced thin

Method:

Prepare vegetables.

Heat oil in a frypan; once hot, add eggs and cook on both sides. Chop roughly and place in a bowl for later.

Heat more oil in fry pan and add onion, cook for several minutes, add carrots and cook for a few minutes. Then add all the other veg and cook until all veg are done.

Add rice, previously cooked eggs, tamari, sesame oil, Spring onions and sesame seeds. Mix well to combine and heat through. Taste for seasoning.

Other Items

Potato Soup

Season: Any

Serves: 8- 10 cups

Equipment:	Ingredients:
Stock pot	4 medium potatoes
Knife	2 carrots
Cutting board	1 onion, chopped
Tablespoon	1 clove garlic, minced
Teaspoon	3 cups milk
Ladle to serve	1 cup (or so) chicken or vegetable stock
Colander	½ - 1 tablespoons olive oil or butter
	½ - 1 cup grated sharp cheese (e.g. cheddar)
	2 teaspoons salt
	½ teaspoon pepper
	1 tablespoon chopped parsley

Method:

Roughly chop potatoes and carrots and place in a large pot filled with salted water. Boil until a knife goes into the potatoes easily. Pour out through a colander (get an adult to help with this).

Put the pot back on the heat and add oil/butter. Once hot, add onions and cook for several minutes. Add garlic and cook for another minute or two. Add potatoes and carrots back in, along with milk and stock, and remove from heat.

Puree with a stick blender until smooth. Turn heat back onto medium and add cheese, salt and pepper. Mix well and taste for seasoning. Top with parsley before serving.

Apple Crumble

Season: Summer/Autumn (any season using preserved apples or other fruit)

Serves: any amount depending on fruit available

Equipment:	Ingredients:
Knife	Apples, chopped
Apple peeler	Brown sugar, to taste
Cutting board	Lemon, juiced
Large baking tray	Cinnamon or other spices (optional)
Bowl	Shredded coconut
Large spoon	Nuts and seeds
	Chia or poppy seeds
	Coconut flour and/or g/f flour
	Butter, softened at room temp.

Method:

Preheat oven to 170C.

To make apple mixture: Use apple peeler to core, peel and slice apples; cut in half with a knife and add to a large, prepared baking tray. Add lemon, brown sugar and cinnamon; mix well.

To make crumble mixture: Mix coconut, nuts, seeds, coconut flour and butter together to make a crumble. Spread loosely over apple mixture.

Bake for 30 minutes.

Serve with cream, whipped cream, whipped coconut cream, ice cream, nice cream or yogurt (cow's or coconut).

Greek Salad

Season: Summer

Serves: 4

Equipment:	Ingredients:
Knife Cutting board Serving spoon Serving bowl Salad dressing jar	2 cups cherry tomatoes, halved 1 – 2 cucumbers, sliced into half-moon shapes ½ cup olives, sliced and de-seeded ½ red onion, thinly sliced into half-moon shapes ¾ cup feta cheese, crumbed 2 tablespoons red wine vinegar Juice of ½ lemon Salt & pepper to taste ¼ cup olive oil

Method:

Prepare vegetables and place in serving bowl. Top with feta and mix gently.

To make the dressing, add all ingredients in a glass jar with a lid, shake well to combine. Taste for seasoning and adjust as necessary.

Pumpkin (or Zucchini) & Raisin Tea Loaf

Season: Autumn/Winter

Serves: 16 slices

Equipment:	Ingredients:
Grater	Butter for greasing
Mixing bowls x 3	1 cup brown sugar
Measuring cups	4 large eggs, separated
Teaspoon	1 cup grated raw pumpkin or zucchini
Bread tin	Zest & juice of 1 lemon
Baking paper (optional)	1 cup raisins
Electric mixer (stationary or hand-held)	½ cup almond flour
Sieve	1 cup self-raising flour or self-raising gluten-free flour
Wire cooling rack	Pinch of sea salt
	1 teaspoon ground cinnamon
	¼ teaspoon freshly grated nutmeg

Method:

Preheat oven to 170C. Grease the bread tin with butter (or line with unbleached baking paper).

Using an electric whisk, beat sugar and egg yolks together for 2 -3 minutes until pale and creamy. Gently stir in the grated pumpkin/zucchini, lemon zest & juice, raisins and almond meal.

In a separate mixing bowl, sieve the flour, salt and spices. Pour flour mixture into wet mix and stir in gently.

In a third bowl, whisk the egg whites until soft peaks form. Fold a large tablespoon of the egg white into the dough to loosen it, then fold in the rest of the egg whites as gently as you can.

Pour the mixture into your prepared tin and bake for 1 hour (or until a skewer inserted into the center comes out clean).

Once cooked through, leave to cool for a least 10 minutes before turning the bread out onto a wire rack. Slice once completely cooled.

Served with butter or cream cheese on top (and a cuppa).

Roasted Stone Fruit with Cream

Season: Summer

Serves: 1 piece of fruit per person

Equipment:	Ingredients:
Knife	Stone fruit – apricots, peaches, plums or nectarines (one per person)
Cutting board	Sugar
Large baking tray	Butter
Baking paper (optional)	Coconut, shredded
Spoon	

Method:

Preheat oven to 180C.

Slice stone fruit in half and remove stone. Place fruit on a baking tray face up (lining with unbleached baking paper is optional). Sprinkle each piece with sugar and coconut, then put a small piece of butter in the middle (could also leave this out or use coconut oil).

Bake for 30 minutes or until just soft (will depend on the size and type of fruit you are using). Remove and allow to cool a bit before serving.

NOTE: you can also use apples for this recipe in Autumn.

Frittata

Season: Any Season

Serves: 4 - 6

Equipment:	Ingredients:
Knife	Olive oil for pan
Cutting board	1 onion, diced
Large fry pan (that can go in the oven)	1 small zucchini, sliced into half-moon shapes
Fork	8 eggs, beaten
Mixing bowl	¼ cup milk (or cream)
Measuring cups	½ cup shredded cheese (or crumbled feta)
	Salt & pepper to taste
	Sliced tomato

Method:

Heat oven grill to 180C.

Prepare vegetables and make egg mixture – add eggs, salt, pepper, milk or cream and cheese in a mixing bowl and combine well.

Heat fry pan on medium-high; add olive oil (or butter) to the pan and cook the onions for a few minutes, then add zucchini and continue to cook a few more minutes. Pour in egg mixture and allow to cook on the bottom for about 5 minutes (you will see the edges start to look like cooked egg, not runny). Top with sliced tomato.

Place under grill on the oven and cook until the top of the frittata is cooked and golden-brown. Carefully remove from the oven, slice and serve for breakfast or dinner with a side salad when it's hot outside (also packs well into a lunchbox once cooled).

Elderflower and Grapefruit Cordial



Season: Spring

Serves: many

Equipment:	Ingredients:
Saucepan Measuring cups Glass jar (1L) with stopper	5 elderflower heads 1 liter water 1 liter grapefruit juice 500g sugar Fizzy water to serve

Method:

Place elderflowers, water and sugar in a saucepan. Heat gently until the mixture comes to the boil, then simmer, stirring, until sugar is dissolved. Remove from heat.

Add grapefruit juice to the mixture. Allow to infuse for 24 hours then strain and store in glass jar(s).

Serve with fizzy water.

Kale Chips

Season: Any Season

Serves: 35 tastes

Equipment:	Ingredients:
Mixing bowl	Olive oil, spray (or coconut oil spray)
Baking tray	Kale
Serving platter	Salt taste
Oven	Other spices (optional)

Method:

Preheat oven to 180C.

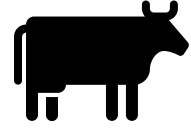
Place kale, one layer thick, in baking trays. Spray kale with a light coating of olive oil and sprinkle with salt.

Place in oven for 10-15 minutes (keep an eye on them as you don't want them to burn).

Remove from oven and allow to cool before placing on serving platters.

NOTE: you can add lemon, curry powder, harissa, Cajun spice, etc.

Yogurt Dipping Sauce



Season: Any Season

Serves: as much as needed

Equipment:	Ingredients:
Mixing bowl Spoon	Yogurt Maple syrup or honey Cinnamon

Method:

Mix all ingredients together well.

Serve with sliced apples or other fresh fruit.

Corn-on-the-Cob

Season: Summer

Serves: 6

Equipment:	Ingredients:
Steamer Tongs Serving platter	6 pieces fresh corn, shucked and silk removed Butter Salt and pepper

Method:

Shuck the corn - remove husks and silk. Place water in bottom of the steamer and bring to a boil with the lid on.

Once boiling place corn in the steamer for 5 - 7 minutes, depending on the size. Turn heat off and remove corn to the serving platter using the tongs.

Serve with butter, salt and pepper.

NOTE: dry out the husks and make dolls in the Autumn; use the silk to make tea; feed the cobs to your chickens (but not to your dogs!).

Pumpkin Soup

Season: Autumn

Serves: as much as you need (make extra for the freezer)



Equipment:	Ingredients:
Knife	Pumpkin, roasted
Cutting board	Sweet potato, roasted (optional – will make the soup sweeter)
Large saucepan	Coconut oil
Large spoon	Onions, chopped
Serving bowl	Kasoundi or korma paste (any Indian or Thai curry paste you like)
Ladle	Vegetable (or chicken) stock
Baking tray	Coconut cream or milk
Baking paper (optional)	Salt & pepper to taste
	Fresh coriander, chopped

Method:

Cut pumpkin into large chunks (an adult may need to help you with this part). Roast pumpkin & sweet potatoes if using in an oven heated to 200C. Remove when a knife inserted into the pumpkin goes in easily and the flesh is just starting to brown. Allow to cool before handling.

Chop onions.

Put coconut oil in a saucepan and heat. Add onions and sauté until golden and sweet; add korma paste (or other seasoning). Then add stock and roasted pumpkin & sweet potatoes. Bring to a boil, then reduce heat to simmer. Add salt & pepper to taste. Turn heat off.

Puree with bar mix until smooth. Add coconut cream and mix in well. Top with coriander.

Serve hot.

NOTE: you can either make extra soup and freeze it for quick dinners or freeze the roasted pumpkin to use for soups, cakes, cookies, pies, etc.

Any pumpkin will do for this recipe, but it is particularly good with butternut, jap, and Queensland blue.

Thai red curry paste works well, too.

Roasted Pumpkin

Season: Summer

Serves: 35 tastes

Equipment:	Ingredients:
Baking tray Serving platter Serving spoon Oven	Coconut oil melted Pumpkin Salt & pepper taste Cinnamon & a pinch of nutmeg -or- harissa (optional) Sesame seeds (optional)

Method:

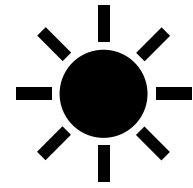
Preheat oven to 180C.

Peel and cut pumpkin into slices. Cover slices with olive oil, salt, pepper and any other spices you are using. Place on baking tray.

Put tray in oven for 20 minutes (keep an eye on them as you don't want them to burn).

Remove from oven and allow to cool slightly before placing on serving platters.

Roasted Tomato Sauce



Season: Summer

Serves: 4

Equipment:	Ingredients:
Knife Cutting board Large baking tray Baking paper Spatula Colander/sieve Bowl (large enough for sieve to fit into)	1.5 – 2kg tomatoes, cut in half 3 garlic cloves, minced 2 tablespoons olive oil Fresh, chopped herbs or dried herbs (thyme, marjoram) Salt & pepper to taste

Method:

Preheat oven to 180C.

Lay tomatoes, cut side up, on baking tray, sprinkle with herbs, salt, pepper and olive oil. Place tray in oven and bake for 30 minutes or until tomatoes are soft and starting to crinkle on top.

Set tomatoes aside to cool for 30 minutes. Place sieve/colander in the bowl and pour tomatoes in. Using your spatula (or wooden spoon) press the tomatoes through the sieve; place any skins and seeds in the compost.

Now your tomato sauce is ready to use. Serve over zoodles (recipe included) or over green beans (or any other green veg).

Middle Eastern Beans

Season: Summer

Serves: 4 – 6 (either as a main or side)

Equipment:	Ingredients:
Knife Cutting board Large pot Wooden spoon	3 tablespoons olive oil 1 medium onion, finely chopped 2 garlic cloves, minced 2 teaspoons tomato paste ½ teaspoon each: ground cumin, turmeric & coriander 1 teaspoon each: ground ginger & cardamom Pinch of ground cloves 400g tinned tomatoes (or equivalent chopped, fresh) 1 teaspoon sugar 600g beans (green beans or a mix of fresh beans like sugar snaps, broad beans, garden peas) 2 tablespoons chopped tarragon Salt & pepper to taste

Method:

Heat oil in pan on medium and add onion, cook for 3 minutes or so, stirring. Add garlic and cook another minute (careful not to burn the garlic as it will become bitter). Next, add the tomato paste, spices, salt & pepper and stir for one minute.

Now add tomatoes, sugar, beans/peas and stir well. Bring to the boil, then turn down to simmer and cover; cook for 20 minutes or until beans are cooked through, but not mushy. Remove from heat and stir in tarragon. Taste for seasoning and adjust as needed.

Serve with cauliflower tabbouleh, a salad and hummus.

Sautéed Kale (or any Greens)

Season: Any season (type of greens will vary)

Serves: 4 - 6

Equipment:	Ingredients:
Skillet, large Serving platter Serving spoon Knife Cutting board	Olive oil Kale Onion, sliced Zucchini, sliced (optional) Salt & pepper taste

Method:

Chop kale and slice onions & zucchini (if using).

Place olive oil in a skillet and heat. Sauté onions until well cooked and caramelized. Add zucchini to the pan and cook until slightly brown. Add kale on top and allow it to cook. Check for seasoning, add salt & pepper as desired.

Remove from heat and transfer to a serving bowl/platter (you can add a pat or two of butter on top, if desired).

Serve as a side to eggs for breakfast or with a meat or bean dish for dinner. It is also good inside savoury crepes.

Zucchini Fries

Season: Summer

Serves: as many as needed

Equipment:	Ingredients:
Knife Cutting board Large frypan Paper towels or left-over brown paper (such as a paper bag) Serving platter or bowl Slotted spoon Tongs 3 medium bowls	Grape seed or rice bran oil Zucchini, sliced into 'fingers' Corn flour Almond meal, breadcrumbs or corn meal 1 – 2 eggs, well beaten Mexican spice mix, if desired Salt & pepper to taste

Method:

Slice zucchinis into finger shapes, like 'French fries.

Place 3 bowls on the counter. Place corn flour in the first bowl on the left; place eggs in middle bowl; place almond meal or breadcrumbs or corn meal along with salt, pepper and any other seasoning in the last bowl (on the right).

Place brown paper/paper towel on your serving tray.

Heat oil in a large frypan – enough to shallow fry the zucchini chips.

Once the oil is hot enough to fry, take zucchini and roll in the left bowl (corn flour), then in the egg mix, then in the third bowl (right) and gently place in the hot oil (you can use a large slotted spoon to lower then into the oil if preferred). Once you have enough in the fry pan, turn the zucchini to cook on all sides.

Using the slotted spoon, remove zucchini from the oil and place on the paper-lined serving tray. Repeat the process until all the zucchini are cooked.

Serve with tomato sauce, mustard, mayo, hummus, pesto, or any other dip.

Elderflower Fritters

Season: Spring

Serves: 10-15

Equipment:	Ingredients:
Large frypan	10-15 elderflowers
Tongs	2 cups flour (wheat, white or gluten-free)
Mixing bowl	2 cups milk
Wooden spoon	2 eggs
Serving tray lined with paper	Pinch of salt
	Oil for frying

Method:

Combine flour, milk, eggs and salt in a bowl and mix well.

Heat oil in frypan. Dip flowers in batter and place in hot oil to cook, turning over once browned. When cooked on both sides, place on lined tray to drain.

Serve with honey, berries and cream (or whipped coconut cream).

Mashed Potatoes

Season: Any season (variety of potato will change)

Serves: 6 (with leftovers to make 'bubble & squeak')

Equipment:	Ingredients:
Knife	1 bag potatoes, peeled and cubed
Cutting board	Milk or cream (or broth/stock)
Colander	Butter
Large saucepan	Chopped chives
Large spoon	2 handfuls of grated cheese (if desired)
Serving bowl	Salt & pepper to taste
Potato masher	

Method:

Peel and cube potatoes, then place them in your saucepan and cover with water. Place lid on saucepan and bring to a boil. When potatoes are soft (a knife goes through them easily), pour them into a colander to drain off water (be careful with this part, you may need an adult's help).

Once drained, transfer the potatoes to a serving bowl and mash with potato masher. Add milk/cream/stock, along with salt and pepper, and mix until the potatoes are the desired consistency.

If using, stir in chives and/or cheese and mix well. Taste and adjust seasoning.

Add butter to the top of the potatoes and serve.

Leftovers make great 'bubble & squeak' – mix chopped veggies and a bit of flour (wheat or gluten-free) into the mashed potatoes and mold into patties; shallow fry them in olive oil or ghee and serve for breakfast with eggs and greens.

Strawberry & Mint Salad

Season: Summer

Serves: 4 – 6 as a side

Equipment:	Ingredients:
Knife Cutting board Serving bowl Serving spoon	2 punnets of strawberries Handful of fresh mint Soft, fresh lettuce (one bunch)

Method:

Slice strawberries in half or quarter depending on size; finely chop mint; roughly chop lettuce.

Place lettuce on a serving plate, scatter strawberries over lettuce, then sprinkle mint on top.

Serve at lunch. You can add other vegetables/fruits to the salad, like cucumber or pomegranate; or you can add raspberry dressing to the salad, too (recipe below).

Green Salad with Raspberry Dressing

Season: Summer

Serves: 4 – 6 as lunch

Equipment:	Ingredients:
Knife Cutting board Serving bowl Serving spoon	Lettuce Cucumber Carrot Beetroot 2 punnet raspberries $\frac{3}{4}$ cup yogurt, plain Pomegranate molasses (if you want to be fancy)

Method:

Prepare all veggies you are using for your salad and place in a serving bowl. Top with raspberries (one punnet).

To make the dressing mash raspberries (one punnet) in a small bowl or pitcher (or gravy boat). Add in yogurt and stir will to combine. Add water to thin out the yogurt dressing so it will pour nicely. If you have pomegranate molasses, and you want to be a bit fancy, you can add a teaspoon or so to your dressing which will give it a tangy, tart flavor.

Serve as a light lunch or bring this salad as a 'plate to share' as it is quite pretty!

Zucchini Fritters

Season: Summer

Serves:

Equipment:	Ingredients:
Knife Cutting board Grater Large frypan Spatula Serving plate Brown paper or paper towels	olive oil to fry in 1 – 2 leeks, sliced 4 zucchinis, grated 1/4 cup coconut flour 2 eggs 2 teaspoons salt

Method:

Grate zucchinis, add salt and let sit until water drains out of the zucchini (about 20 minutes).

Squeeze water out of grated zucchini, add leeks, coconut flour and eggs; mix well.

Heat oil in frypan. Make zucchini mixture into patties and fry one both sides until brown. Place on paper to absorb excess oil. Repeat until all the zucchini mixture has been cooked.

Serve topped with tomato sauce and salad for lunch or top with fried or poached eggs for breakfast.

Zucchini Noodles (Zoodles)



Season: Summer

Serves: as many as needed

Equipment:	Ingredients:
Knife Cutting board Large saucepan Colander Serving platter or bowl Tongs Spiralizer	Zucchini, spiralized Olive oil to drizzle (optional) Salt & pepper to taste

Method:

Spiralize zucchinis.

Heat salted water in a large saucepan until boiling.

Add zucchinis to water. Remove zucchinis when water comes back to the boil (just a couple minutes).

Drain zucchini in a colander in the sink carefully (you may need an adult to help with this part).

Add seasoning and adjust as desired; drizzle with olive oil.

Serve topped with Roasted Tomatoes (or use in soup instead of wheat noodles).

Zucchini Puttanesca

Season: Summer

Serves: 4

Equipment:	Ingredients:
Knife Cutting board Large baking tray Spiralizer	1.2kg zucchinis, spiralized 8 cloves garlic, whole (or smashed if desired) 2 lemons, halved 600g small tomatoes 2 tablespoons olive oil Salt & pepper to taste 2 cups olives, pitted 1 cup parsley, chopped

Method:

Heat oven to 180C.

Spiralize zucchinis and prepare all other vegetables and herbs.

Place tomatoes, garlic and lemons on the baking tray (you can add chilies, too, if you like). Drizzle with olive oil and sprinkle on salt and pepper. Place in oven for 20 minutes. Remove tray and add zucchini and olives to the tray, give everything a good mix and return to the oven. Cook for an additional 3 – 5 minutes (warm through, but don't over-cook the zucchini).

Remove from the oven and sprinkle with the chopped parsley. Serve as is or with pesto and crunchy bread (you can also add anchovies to the tray once removed from the oven; capers would be nice, too).

Add seasoning and adjust as desired; drizzle with olive oil.